

## What Professional Counseling Really Is

A counselor helps you identify a problem area, explore factors which may be contributing to your difficulty, and provides options for you to consider.



*Counseling is a way of helping you help yourself.*

Counseling is not something that's done to you. On the contrary, you are called upon to play a very active role in getting better and form a team with your therapist to work toward agreed upon goals. A therapist may have you keep a daily journal, read personal improvement books, practice new behaviors, etc. The goal in counseling is to draw upon your strengths to help you resolve your problems. Counseling is a way of helping you help yourself.